



Church of the Saviour Upward Basketball League Information Sheet

The mission of the CotS Upward Basketball League is to:

Develop the total athlete mentally, athletically, spiritually, and socially, in an atmosphere and experience for our players where all will know they are a precious creation of a loving God.

The values of the CotS Upward Basketball League

Our Number 1 Job as Upward Coaches, Parents & Volunteers: Love Our Upward Players.

Our Number 1 Job as Upward Players: Love Each Other.

Virtues: Commitment, Self Control & Joy.

ELM Tree of Mastery: Effort – Learning – Mistakes are OK.

Honoring the Game goes to the 'ROOTS' of positive play: Respect the Rules, Opponents, Officials, Teammates & Self.

Every Child is a Winner

About Our Players

- Age/Grade Range: Boys & Girls
Kindergarten / Age 5 through 7th Grade / Age 13.
- Location:
Church of the Saviour Great Hall
2537 Lee Rd
Cleveland Hts, OH 44118

Staff Information

League Director: Mr. Lauren Lanphear
upward@cotsumc.org

League Administrator: Ms. Gina Ehlers
upward-admin@cots.org

CotS Director of Youth Ministries: Mr. Curt Campbell
ccampbell@cotsumc.org

Cots Lead Pastor: Rev Andy Call
acall@cotsumc.org

CotS Upward League Stats

1. 290 Girls and Boys in grades Kindergarten through 7th from over nine (9) communities in the Heights and surrounding region.
2. Thirty-two (32) teams in six (6) divisions (K Co-ed; 1st-2nd Boys; 1st-2nd Girls; 3rd-4th Boys; 3rd-4th Girls; & 5th-7th Co-ed.)
3. Over Sixty (60) coaches, with each team having 2-3 coaches.
4. Each team practices one-hour per week for ten (10) weeks. Practices are held 5:30-7:30pm on Mon & Thurs and 5:30-8:30pm Tue & Wed.
5. Sixteen (16) games are played over nine (9) hours on eight consecutive Saturdays, January – March, with typically 700-900 fans in attendance over the course of each Game Day.
6. Two (2) identical end-of-the-season Celebration & Awards Parties are held on the Sunday afternoon following our last Game Day in March with typically 250-300 players and family members at each party.